

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703089

Course Name: 4-5 Intermediate Integrated Health Education & Physical Education

Grade level: 5

Upon course completion students should be able to:



Standards

HEALTH

Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 5.1.1. Identify short and long-term effects of alcohol use.
- 5.1.2. Describe the benefits of limiting the consumption of solid fat, added sugar and sodium and explain the concept of eating in moderation.
- 5.1.3. List physical and emotional reactions to stress and identify positive and negative ways of dealing with stress and anxiety.
- 5.1.4. Explain the difference between infectious and noninfectious diseases, as well as how to prevent and treat them.
- 5.1.5. Describe safety precautions for playing and working outdoors in different kinds of weather and climates.
- 5.1.6. Describe basic male and female reproductive body parts and their functions as well as the physical, social and emotional changes that occur during puberty.
- 5.1.7. Explain that tobacco use is an addiction that can be treated.
- 5.1.8. Explain why it is harmful to tease or bully others based on personal characteristics and describe examples of pro-social behaviors that help prevent violence.

Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 5.2.1. Analyze how media influences thoughts and feelings concerning health behaviors.

Standard 3

Access valid information, products and services to enhance health.

- 5.3.1. Evaluate resources from school, home and community that provide valid health information.
- 5.3.2. Analyze the influences of family, culture, media and technology when accessing valid health information.

Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 5.4.1. Demonstrate verbal and non-verbal communication skills to enhance healthy behaviors for self and others.
- 5.4.2. Demonstrate healthy ways to manage or resolve conflict.
- 5.4.3. Demonstrate effective refusal skills that avoid or reduce health risks.

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- 5.4.4. Demonstrate how to effectively ask for help in order to reduce physical, mental or emotional health risks.
- 5.4.5. Demonstrate how to communicate empathy and support for someone.

Standard 5

Use decision-making skills to enhance healthy behaviors.

- 5.5.1. Demonstrate decision-making skills needed to avoid unhealthy choices.
- 5.5.2. Analyze when assistance is, or is not, needed in making a health-related decision.
- 5.5.3. Demonstrate how community, school, media and technology influence a decision related to personal health.

Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 5.6.1. Analyze and revise, if needed, long-term goals to include positive physical, mental or emotional health.
- 5.6.2. Analyze goals and the influence family, peers, community, media and technology have on those goals.
- 5.6.3. Analyze lifestyles, skills and resources to determine the effect they will have on the achievement and/or maintenance of long-term personal goals.

Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 5.7.1. Analyze personal health practices and set goals to practice positive behaviors that affect physical, mental and emotional health.
- 5.7.2. Describe and demonstrate healthy practices and behaviors on a routine basis.
- 5.7.3. Describe health-enhancing practices and behaviors for physical, mental and emotional health.

Standard 8

Advocate for personal, family and community health.

- 5.8.1. Persuade others to engage in healthy behaviors through conversations, presentations and interactive media, using school and community resources.
- 5.8.2. Demonstrate how to advocate for others to make positive behavior choices to improve personal health and wellness

PHYSICAL EDUCATION

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 5.1.L1. Explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels and using different pathways in game-like situations.

Non – Locomotor

- 5.1.NL1. Apply non-locomotor skills in various activities and game-like situations.

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Body Management

- 5.1.BM1. Perform controlled transfers of weight in a variety of physical activities.
- 5.1.BM2. Combine weight transfer with movement concepts to perform a skill in a game-like situation.

Manipulative Skills

- 5.1.MS1. Apply manipulative skills in game-like situations using various objects.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 5.2.SP1. Apply spatial concepts and combination skills in game-like situations.

Speed, Direction and Force

- 5.2.SD1. Analyze movement situations and apply movement concepts in small-sided practice tasks and game-like situations.

Strategy

- 5.2.ST1. Apply basic offensive and defensive strategies and tactics in activities and game-like situations.

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 5.3.PA1. Identify factors that can either motivate or deter people from daily physical activity.

Physical Fitness Knowledge

- 5.3.PF1. Record and review physical activity minutes inside and outside of school to determine progress toward daily recommendation.
- 5.3.PF2. Identify the benefits associated with developing and maintaining health-related fitness.

Nutrition

- 5.3.N1. Analyze the impact of food choices relative to physical activity, sports and personal health.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 5.4.SW1. Accept, recognize and actively involve others, with both higher and lower skill abilities, into physical activities and group projects.

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Rules and Etiquette

- 5.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.

Safety

- 5.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 5.5.H1. Develop a personal implementation plan outlining physical activities and their health benefits.

Challenge

- 5.5.C1. Express the enjoyment and/or challenge of participating in a physical activity.

Self-Expression and Enjoyment

- 5.5.SEE1. Analyze different physical activities for enjoyment and challenge identifying reasons for a positive or negative response.

Social Interaction

- 5.5.SI1. Describe the social benefits gained from participating in physical activity.

Advocacy

- 5.5.A1. Create strategies on how to encourage others to make healthy physical activity choices.